

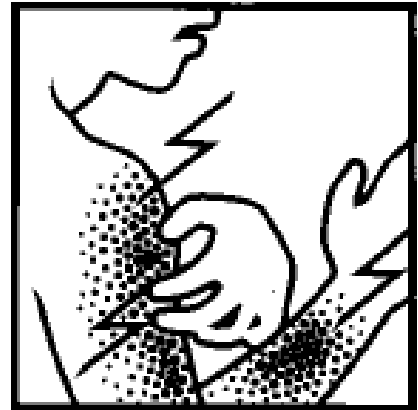
COMMON SENSE: RASH

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
HEP 1061- 01/06

A skin rash can be caused by coming into contact with substances that irritate the skin such as drugs, detergents, food, hand cream, perfume, deodorant, soap, plants, clothing and other chemicals. They can affect almost any area of the body.

1. Try to identify what is causing the problem and then avoid it.
2. Keep area clean, dry, and covered.
3. Applying a cool compress may reduce itching.
4. Hydrocortisone cream may help. It is available at the inmate store. Follow the directions and warnings on the package.



Warning: If the rash does not go away within a few days after trying the above, submit an HNR.

Other Instructions: